

WHAT'S ON YOUR Back-to-School Checklist?

- ✓ Backpack. *Check.*
- ✓ Notebooks. *Check.*
- ✓ Eye exam for yourself?
Oh, did you forget to schedule that?

After you get the kids ready and off to school, it's time to do something for you. Schedule a comprehensive dilated eye exam—especially if you are over age 40. Different than an exam you get for contacts or glasses, a dilated eye exam can detect common vision problems and eye diseases, many of which have no warning signs and can cause permanent vision loss. So, make your eye exam part of the family's back-to-school routine.

Write
the **Vision**
Make your plan to protect your sight.

Visit www.nei.nih.gov/healthyeyes

